

PRO1 Adjustable Upper Body



PRO1
(Standard seat pictured.)

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SCIFIT's PRO1 is designed to provide the ultimate in upper body exercise, offering both cardio and strength. It is ideal for strengthening arms and shoulders while recruiting the core stabilizing muscles. Results from upper body cardio exercise, combined with lower body exercise, have been shown to produce better outcomes than lower body only. The versatile PRO1 features adjustable tilt head to accommodate users of all heights and for overhead exercise.

Fully Adjustable

Fully adjustable head (35"-61" range) and monitor accommodates users of all heights and allows them to exercise while seated or standing, providing more exercise options and versatility. Adjustable and reversible arm cranks allow for greater range of movement and exercise variety.

Iso-Strength

SCIFIT's exclusive Iso-Strength program provides accommodating resistance to a concentric movement at a constant speed (fixed RPM) throughout the individual's entire range of motion. This isokinetic component mirrors the force applied by the end user. As the user begins to feel fatigued the resistance automatically decreases, accommodating each individual's strength needs. This self-applied force makes Iso-Strength safe for all users. Because Iso-Strength elicits only concentric muscle fiber activity, introducing resistive exercise to the beginner with this program creates minimal post-exercise muscle soreness.

Very Low Starting Resistance

The PRO1 features a very low starting resistance (5 watts) and no minimum RPM. This allows all individuals to start the exercise and keep going, even at very low speeds.



Easily adjusts up and down.

200 Levels of Resistance

The workload can be changed in .1 increments – providing the most comprehensive, progressive system for gradual improvement. This allows individuals to see even the smallest improvements. This type of feedback is motivating and also useful for tracking progress and outcomes.

Bi-directional Resistance

Bi-directional resistance allows the user to perform the exercise and all of the programs in both forward and reverse, changing directions at any time and as often as they choose. Changing directions every 30 seconds, for example, allows an individual to use relatively fresh muscles and workout for a longer period than may have been possible otherwise. They exercise at a lower level of perceived exertion and higher level of resistance, thereby achieving greater results. Bi-directional resistance also helps work reciprocal muscle groups and reduces the risk of overuse injuries. Changing directions makes the workout more interesting, engaging the user from a motivational and behavioral aspect.

Standard Seat

The seat is removable for standing exercise, or for use with a wheelchair, balance ball, or stabilizing disc. The standard seat features a low profile seat back to maximize torso rotation and features a 500 lb user weight capacity.

Optional Adjustable Seat

The optional adjustable seat system is fully adjustable with gas assisted lift and swivels for easy entry. The integrated side handles assist with safe and easy transfer. The seat system also features a *Therapist Assist Pedal*. The therapist can use the pedal when making seat adjustments, leaving the hands free to assist the patient. Seat adjustment levers can be operated with one hand. The seat features a 450 lb. weight capacity.

Easy Access

The PRO1 features a true adjustable step-through design. This true step-through allows all users full access.



Seat removes easily for standing exercise or wheelchair access. (Adjustable seat pictured.)



Optional Internal/External Rotation Device

Internal/External Rotation Device

The optional internal/external rotation device is the perfect rehab complement to our PRO1 and PRO1 Sport Upper Body exercisers. It is ideal for use with the ISO-Strength program and bi-directional resistance to strengthen internal and external rotators in one exercise.

Biomechanics

The wide range of crank height and crank length adjustability provides the user with perfect biomechanical body positions for any exercise position whether it is with the use of both arm or with a single arm exercise. Positioning the individual to the side of the machine for total shoulder exercise while periodical changing directions ties in various different muscle groups within the upper body spectrum.



Optional Heavy Duty
Wheelchair Ramp



Wheelchair Platform



Wheelchair Access

Seat removes easily for wheelchair access. ADA Compliant – Tax Credit may be available, consult your tax professional for details. Wheelchair platform is included and provides a sturdy foundation for wheelchair use and for standing exercise.

Age Friendly

SCIFIT equipment provides exercise options for people of all ages. Easy entry, low starting resistance, and accommodating strength program are just a few features that make SCIFIT equipment age friendly.

Programs

Heart Rate - adjusts workload to keep the user's heart-rate in the target zone.

Constant Work - using wattage as a baseline, the machine maintains constant workload independent of speed. Can be used in conjunction with heart rate and other software.

Iso-Strength (see description on page 1) - allows a user to maximize work load at a fixed rpm

Random - an infinite number of program profiles.

Hill Profiles - 6 hill programs with 20 levels of intensity. A seventh profile for cardiovascular assessment (step profile with beginning wattage, interval time, and interval wattage determined by the trainer.)



Handles & Adjustable Cranks

Adjustable and reversible arm cranks allow for greater range of movement and exercise variety. Our handles are scientifically designed to be 19 degrees from the vertical plane, for the most biomechanical correct and comfortable hand position. Handles can be reversed for rotary rowing or working in unison. This configuration is also a great core exercise.



Assist Gloves

As an option we offer a flexible, comfortable glove that helps individuals who need assistance in gripping the hand cranks. The assist gloves are made of a heavy duty closed cell foam that resist moisture and are easy to clean.



Easy to Use Console

Tactile, color coordinated overlay with one-button quick start makes the computer monitor user friendly for those with visual impairment. Console feedback includes: heart rate, time, rpm, calories, distance, level, watts and METS.



Bariatric Seat

Optional bariatric seat features a 600 lb. user weight capacity and fore/aft adjustment.

SCIFIT PRO1 Specs

	Length	Width	Height	Weight	User Capacity	USB Fit-Key™	Upper Body	Self-Powered
PRO1	60"	30"	77"	218 lbs.	500 lbs fixed seat 450 lbs adjustable seat	optional	yes	yes
Warranty	3 years parts, and 1 year labor Exceptions: 1 year warranty on seats. Wear items (rubber hand grips) are excluded from warranty unless determined to be defective.							